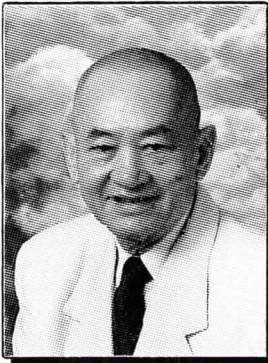


# The Path

*Luong Si Hăng*



**T**his book on the Vô Vi meditation and philosophy contains a series of lectures from Mr. Luong Si Hăng, who has been travelling the world for the last ten years to spread the knowledge of this dharma method to the public. His words translated here touch on many topics: the origin and meaning of karma, the renewal of body and soul through meditation, how to live life without entanglements, how to use suffering as a teacher, how to return to immediate awareness, and how to reach self-perfection through spiritual practice.

*"The author's sensitive and gentle words carry a weighty message of serenity and tranquility for the reader who chooses to practice diligently the simple path to peace."*

***Juanita Nofflet, Dept. of State***

*"I knew Mr. Luong (Mr. Tâm) back in Saigon where I was a student of his in 1974. As a result of my meditating in Mr. Luong's class, my life changed completely and I can honestly say that had I not met Mr. Luong and learned meditation, I doubt that I would be alive today. The enlightenment changed my life completely. I have been blessed with this peaceful change. It had already been in me at all times; but when I recognize it, it grows and keeps growing. Life is so much simpler as you gain this peacefulness. As I was reading and making editorial comments for the Vô Vi Science book, I could feel Mr. Luong's presence. The vibrations of the words spoken by Mr. Luong and committed to the printed word in the book had a positive effect upon me whenever I picked up the manuscript to work on it."*

***William L. Messick, Dept. of State***

*"The words of Mr. Tâm's (Luong Si Hăng) talks and letters have lasted me a long, long time and take on new meanings as I listen to, or read them again and again over the years... much the same as the truths found in the words of Christ and other truly enlightened teachers of our times. There has been no other singular influence on my life that has been more rewarding or demanding than this method of meditation. I am truly grateful for the grace."*

***Pat Maboney, Teacher***

**Vô Vi Friendship Association ▲ San Jose ▲ California**

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